



Foothill Hoops Basketball

Practice Plan Template

Team Name: _____

Practice Date: _____

Next Game Date:	Next Game Time:	Next Game Location:	Next Game Snack:
Thought for the Day:	Offense Emphasis:	Defense Emphasis:	Announcements:

Time:	Drill:	Focus/Emphasis	Coach:	Offense	Offense
				Footwork	
				Ball Handling	
				Dribbling	
				Passing	
				Screens	
				Cutting	
				Post Moves	
				Guard	
				Shooting	
				Free Throws	
				Defense	Team Defense
				Stance	
				Defend Post	
				Deny Wing	
				Deny Flash	
				Defend Screen	Special
				Help/Recover	
				Help-Side Defense	
				Ball Screens	
				Rotation	

